

# RW

## 6 Beginner Bodyweight Exercises for New Runners

PERFORM EACH EXERCISE BELOW. REST FOR 30 SECONDS BETWEEN EACH MOVE. COMPLETE 3 SETS TWICE A WEEK.

**Squat**  
10 Reps



**Backward Lunge**  
8-10 reps



**Bridge**  
10 reps



**Rolling Side Plank**  
10 reps



**Mountain Climber**  
10 reps



**Superman**  
10 reps



# Exercises In Style

**Yan Bai**



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